



Jerry Clay Academy
Subject Unit Overview
Subject: PHSE Year Group: 1 Term: Autumn 1

Core Learning of This Unit: Feelings and Emotions

- Communicate their feelings to others.
- Strategies on how to manage feelings.
- Identify how emotions look and feel in the body.

<https://www.bbc.co.uk/bitesize/topics/zxccwmn/resources/1>
<https://www.gogivers.org/lessons/key-stage-1/>

1decision module – Feelings and Emotions Y1

Prior Learning:

ELG: PSED

Self-Regulation

Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly. Control their immediate impulses when appropriate.

Managing Self

Know the reasons for rules, know right from wrong and try to behave accordingly. Manage basic hygiene and personal needs.

Building Relationships

Work and play co-operatively taking turns. Form positive attachments to adults and friendships with peers. Show sensitivity to their own and others needs.

ELG: C & L

Hold a conversation. Express their ideas and feelings about their experiences.

ELG: UTW

Talk about the lives of people around them and their roles in society.

National Curriculum Statements:

- To recognise a range of feelings and emotions (good and bad).
- To learn words to describe feelings
- To learn simple strategies for managing feelings.
- To communicate their feelings to others.
- Recognise and respond to how others show feelings.
- Recognise that their behaviour can affect other people.

Health and well-being

H11-H16, H18, H19, H21, H22, H24

Relationships

R10, R11, R12, R20-22, R24

Living in the wider world

L14

Key Vocabulary:

- **Emotion** – a strong feeling such as love, fear or anger. The part of a person's character that consists of feelings.
- **Worried** – thinking about unpleasant things that have happened or might happen therefore feeling unhappy and afraid.
- **Angry** – having strong feelings about something that you dislike very much or about an unfair situation.
- **Sad** – unhappy or showing unhappiness.
- **Happy** – pleased, feeling or showing pleasure.
- Nervous
- **Calm** – not excited, nervous or upset.
- **Excited** – feeling or showing happiness and enthusiasm.
- **Surprised** – an event or piece of news that is unexpected or happened suddenly.
- **Relaxation** – a way of resting and enjoying yourself.
- **Loneliness** – The feeling of being alone, even when other people are around.
- **Jealousy** – A feeling of envy towards another person.
- **Frustration** – Feeling upset or annoyed because you cannot change or achieve something.

Significant People

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